

# I Am Grateful For... Instruction Sheet

## Activity

- Find an empty jar or container and write on it "I Am Grateful For..."
- If you like, spend some time as a family decorating your jar with whatever you have around the house.
- Get some small pieces of paper to write on and a pen/pencil/crayon to keep with your jar.

## After the activity

For the past 22 weeks we've been learning about the amazing life of the Apostle Paul. Paul had been through many hardships and trials in his life but God had always been with Paul and used every situation to spread the Good News about Jesus further and further.

Since the time Jesus had told Paul that he would be going to Rome, Paul had been:

- Protected from an angry mob
- Whisked away by night when there was a plot to kill him
- Received special treatment while being held prisoner in Herod's Palace
- Treated with kindness by the centurion, Julius, that guarded his life
- Listened to by the crew on an Egyptian ship
- Protected from harm when a snake bit him
- Respected by the islanders and the chief Roman official of Malta
- Provided with supplies for the remainder of his journey to Rome
- Allowed to stay in a house instead of being put in prison once he arrived in Rome

Paul had been through a lot (stoned, thrown in prison, his life threatened, shipwrecked, etc.) but God had also been good to him and Paul had a lot to be grateful for. Paul often spoke about being thankful in all situations and this is something we can learn from his life. Are we grateful, even when things don't seem to go the way we think they should?

We just made an "I Am Grateful For..." Jar for our family. Place the jar in a spot where everyone can see it. At least once a week, have every family member write down at least 2 things that they are grateful for (they can be physical things like food and toys or they can be other things like God giving you courage to tell someone else about Jesus). Put these pieces of paper into your jar and at the end of the month take all of the pieces of paper out and read them. This will remind us that we have many things to be grateful for, even when times get tough. Then, pray together and thank God for everything that you've written down. This jar can be a helpful reminder to us as a family to be grateful in every situation.